

Pick up the box with **YOUR NAME ON THE LABEL.**

Sign out your box on the list on the clipboard.

HOMESTEADER FOLKS look also for a red bag with your name on the label.

STORE ORDERS: if you ordered something it will also come in a red bag or a box with your name on the label

MEAT: This is NOT a meat week.

STORE ORDERS will be in the cooler with your name on the package.



LATE PICK UP? Call your host. All boxes etc will be donated after 24 hours to avoid waste so PLEASE pick up, or call the host to see if you can work something out. This especially applies to meat. Its yours as soon as it leaves the farm and its so sad if it wastes.

QUESTIONS? PROBLEMS? CONFUSION? email garden@community-homestead.org or call me, Christine, 715 220 5925

Remember to be nice to your site hosts. These guys are great and make this whole system possible. They appreciate you folding your returned box neatly and shutting the porch door! Picking up on time is also much appreciated!

Return and recycle: all jars, and rings (but not the flat lids)

Red Bags-please returns on time so we have something to pack into the next week!



Boxes: this is one of our highest non food costs. You can help us keep our prices down by bringing back boxes, carefully unfolded so the flaps don't break!

Winner of the Lucky Tea Tin (Random drawing)

I Garden Party Ticket **Nicole and Sam Walling!**

For every \$10 you order from the online store, we enter you in the weeks random drawing for a little gift!

Community Homestead

June 19, 2024

CSA Box 3 (of 20)

Coming Events:

Got a birthday, anniversary to celebrate? Please consider tickets to Chef's Garden Party here at Community Homestead

Chef's Garden Party

Sunday June 23 2-6pm

Fund raiser for our solar array on our new apartments! We just got the provisional menu for the Garden Party and its amazing! Includes a taco bar, fancy pizza, paella, charcoaled skewers, salads, desserts... and the list goes one. Come wander around the herb and flower beds and discover all the dishes being cooked and served there, glass of wine in one hand, plate in the other and fresh relaxation in your heart! check EVENTS on our website for tickets www.communityhomestead.org



Farm News:

We have all the rain we yearned for last year, plus this year's share. Compared to a drought, it's fantastic but it brings its own issues and you will see that in your boxes. Rain moderates the soil temperature especially at night so things are slow growing. Vegetables that have been in the ground for weeks still look like transplants. This means we have fewer mature vegetables to harvest and, if it warms up, they stand a chance of all coming at once! Ope!

In this traffic jam of slow moving veggies, especially roots, we have situations like this: carrots started early in the hoophouse are still small and growing when they would normally be done. But our tomatoes are overrunning their pots and need to get in there. Carrots then, need to go. And that is why you have small carrots.

We have company in our frustration as all the gardeners and farmers in our neighborhood chew this new dilemma over but, we all remember, we have only had the slightest bit of tiny hail. No golf balls-yet! So in terms of problems, I guess it is still a small one.



Things you can do online:

Sign in and then check your payment history or make a payment, check the route times, change your site, look up your site hosts contact info.

Check previous box notes by going to www.communityhomestead.org CSA and then box notes.

Vacation: if you are out of town you can do one of two things

- 1.Email to donate your box
- 2.Gift the box it to family/friend to pick up but be sure they know how to do this. You can also change the site for the week for their convenience.

Wash your Vegetables!

All our produce is certified organic. This means FREE from chemicals.



However, that doesn't mean clean from soil, bugs, and other nonsense Mother Earth dishes up that you don't want to put in your mouth. WASH all vegetables right before use!

What is in the box?

Our Best guess to what fits and what is ready. We pick so fresh that we don't always know how many or what fits in time for the box note!

Basil
Bunching Onions
Carrots
Cucumbers
Garlic scapes
Lettuce-Romaine and/or Butterhead
Peas-snap or garden/shell
Swiss Chard
Salad Greens
For Large only: first Summer Squash
Maybe turnips? Maybe for someone!



Swiss Chard

Do not mistake this for rhubarb folks! This green leafy is a power of calcium. Magnesium,, iron and vitamins A, C, K. It is not quite the super power of spinach but it also does not have the gritty aftertaste that some people object to (I know spinach lovers find that hard to believe!). You can eat the stem and the leaf.

To prepare

Give your swiss chard a quick rinse before using. Cut the stem out of the leaf. Put the stems to one side. Cut your stems into inch long pieces and then rip your leaves into shreds. Stir fry, add to soups, steam.

Whichever way you do this, ALWAYS start cooking the stems for two minutes before adding your leaves. Cook your leaves only until they wilt. A minute or so is enough.

Peas please!

No one appreciates a peas as much as someone who has picked them! However, snap and shell peas are both popular. This week you will get a bag of them but we don't know yet who gets what. So, here is an ID for your pea!

This is a **shell or garden pea.**

It is fat and the business end of it is inside. You pop the shell by pinching one end and then strip the peas out into a bowl (or yes, into your mouth so saving the cooking part of this deal!) Discard the shell. Try not to do it in the car on the way home because you'll be excavating peas out of the car seats for months.

Peas are a two to three minute steam, boil, or stir fry away from eating if you choose to cook them. Too long and they are less appetizing, You can also freeze them, and dry them. Rarely do we do this because we want all of them NOW!!

Butterhead lettuce



Romaine Lettuce



This is a **snap pea.**

It is flatter and has smaller, sort of half grown peas inside. The business end of this is the entire pod.



Once again, you can eat it raw as a snack or you can steam it or stir fry it. It only takes a minute or so. If you do it too long it turns olive green and slimy. So don't!

We don't have these yet but, for future reference,



ence, this is a **snow pea.** Its big and flat and all pod. Eat it whole as there's barely anything inside. Incidentally when the garden pea and the snow pea got together, they made the snap pea trying to combine all their positive attributes.

Basil



Bunching onions

Garlic Scapes



Established customers can feel smug here, knowing all about the wonders of these wiry beasts so this is for anyone feeling perplexed by finding Mother Natures' green computer cord in their box.

This is the flower or seed head of the garlic plant. The bulb is normally what we eat but the scape is a toned down deliciousness and pretty versatile. Also rich in fiber, B6, A and C and full of antioxidants. There is an incentive to eat it!

Ways to use it, Chop all of it, except the tiny bit of limp leafy end you might have, into tiny chunks. Stir fry it, add it to pasta, eggs, meat dishes or, garlic pesto....

Easy Garlic Pesto

Your bunch of basil stems discarded

1/2 cup of chopped scapes

1/4 cup olive oil

2 tablespoons lemon juice

Salt to your own taste

Optional, 1/2 cup of shredded parmesan cheese

Use a food processor.

Grind up your scapes first and then pulse in your basil until all is evenly choipped

Pulse in your lemon, olive oil and salt and then pulse your cheese in just once to mix.

Either serve immediately or fill an ice cube tray with the pesto (a little messy but worth it) When frozen decant the cubes into a freezer bag, label and store for individual use.

Use with warm toasty bread like our challah, or with chicken, or with eggs, or in veg stir fry or... the world is your choice!